

extension offers economic and political promise to a country in a troubled and volatile region of the world.

### PERSONAL EXPLANATION

#### HON. PETER BLUTE

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 15, 1993

Mr. BLUTE. Mr. Speaker, on July 1, I took a leave of absence so that I could bring my wife and son home from the hospital in Massachusetts. As a result, I missed four recorded votes.

Had I been present, I would have voted:

Rollcall No. 318, "Yes."

Rollcall No. 319, "No."

Rollcall No. 320, "No."

Rollcall No. 321, "Yes."

### TRIBUTE TO THE APPLE BARN

#### HON. THOMAS W. EWING

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 15, 1993

Mr. EWING. Mr. Speaker, I would like to take the opportunity to recognize a business in my district which I feel is an outstanding example of a successful family-run enterprise. The Apple Barn, located in Bloomington, IL, has been run by the Birckelbaw family since 1918. It is McLean County's oldest and largest commercial orchard.

For 75 years, the Birckelbaw family has served central Illinois with fresh produce, apple cider, and baked goods. They also host an annual Fall Fest which is truly a family event, complete with hayrides and craft demonstrations.

This type of business is important not only because of the way in which it serves the community, but also because small businesses, like the Apple Barn form the backbone of our Nation's economy. Over 80 percent of all new jobs are created by small, independent businesses. Such establishments need to be encouraged to ensure economic growth.

I extend my congratulations to Bill and Betsy Jo Birckelbaw and the Birckelbaw family. May they continue their tradition of excellence.

### NELSON MANDELA—A MAN OF UNCOMMON COURAGE MARKS HIS 75TH BIRTHDAY

#### HON. KWEISI MFUME

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 15, 1993

Mr. MFUME. Mr. Speaker, the international community waits expectantly for the moment in history where black South Africans will exercise their right to vote with the birth of real democracy in that country in April of this coming year. When the polls open, one man will walk to a ballot box in his township—embodying the very meaning of courage and the best that the human spirit can summon in the face of adver-

sity. This man who has changed the course of history is Nelson Rolihlahla Mandela, president of the African National Congress.

While many have fought valiantly in the struggle for freedom and justice in South Africa, even giving their lives in this noble cause, Mr. Mandela has made a special mark in history. He has emerged from the atrocity of an indefensible imprisonment from 1961 to 1990, unbroken, and unrelenting in his commitment to establish the right to vote and self-determination for the majority black population of South Africa.

As he returns this week from his tour of America to raise the visibility of the continuing effort to advance the democratic electoral process in his native land, we have pledged our unconditional support to him and the work of the African National Congress.

Mr. Speaker, this extraordinary, elegant, gentle person will mark his 75th birthday on July 18. The members of the Congressional Black Caucus and freedom loving people around the world join in this tribute to his vision and uncommon courage.

### INTRODUCTION OF THE NUTRITION AND HEALTH INFORMATION ACT

#### HON. RON WYDEN

OF OREGON

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 15, 1993

Mr. WYDEN. Mr. Speaker, I rise today to introduce legislation which will improve our understanding of the nutritional needs of all our citizens. With such information we may promote healthier nutrition, particularly for women, children, and older Americans. My bill, the Nutrition and Health Information Act of 1993, amends the Public Health Service Act to require the Surgeon General to prepare biennial reports on nutrition and health. Senator HARKIN will shortly introduce a companion bill in the Senate.

Mr. Speaker, if we are what we eat, fully one-fourth of our Nation's elderly are a walking bull's-eye for diseases that target the malnourished. Recently a national survey was undertaken to learn the views and advice of the Nation's health care professionals regarding nutrition in America's elderly population. Two critical issues emerged from the survey. First, one-in-four elderly people in the richest country in the world suffer clinically significant effects of malnutrition. Second, this report drives home the fact that Americans are also paying a very high price for malnutrition.

Many diseases are known to be caused or exacerbated by poor nutrition—such as diabetes, heart disease, and certain kinds of cancer. This national survey of health professionals strongly suggests that better nutrition will help constrain the enormous economic costs of poor health directly attributed to a poor diet.

Prevention of illness should be the first priority in a cost-effective health care system, and our Nation's health professionals clearly believe that good nutrition is a critical element of prevention. Currently, we are spending 14 percent of our GNP each year on health care, but less than one-tenth of 1 percent of that \$900 billion goes to prevention. I believe the time may finally be ripe for progress on this longstanding item on the health reform agenda

because the President and Mrs. Clinton have already committed themselves to a health reform package with an emphasis on prevention.

The value of good nutrition is not limited to preventing illness, however. According to these health care professionals, proper nutrition promotes rapid healing and recovery from sickness as well.

The American Dietetic Association has independently developed data supporting the views of health care providers regarding the costly consequences of ignoring basic good nutrition. In a study of elderly patients admitted to a hospital, those who were malnourished had hospital charges double of those who were not malnourished. With a proper diet, they found patients have fewer complications, more rapid healing of wounds, and shorter lengths of stay in the hospital.

Similarly, research shows that many elderly residents of nursing homes are prone to suffer nutrient deficiencies. Understanding and better management of their nutritional requirements improves quality of life, slows physical deterioration, and prevents further hospitalization or the need for a higher level of care.

Mr. Speaker, it seems crystal clear that the more Americans know about their nutritional needs, the better our health care resources will be utilized. To this end, our national health reform initiative must address the nutritional needs of all our citizens, and the nutritional needs of older Americans in particular.

Some Americans find their diet is not entirely under their control, but may be strongly influenced by Government food purchasing programs. I am particularly concerned that taxpayers may be purchasing food for low-income and elderly Americans which is not healthy. We must make certain that the Government does more than provide the proverbial hot meal, but that these meals are also healthy and nutritious.

To promote this effort, I propose that the Surgeon General should every 2 years issue a report on the nutrition and health of the Nation. This idea for this report is modeled after the successful series of reports on Tobacco and Health.

Every year since 1964, the Surgeon General has compiled and released an extensive public report on the effects of smoking. Over the years, these reports have addressed many aspects of the health consequences of smoking: The benefits of cessation, the extent of cigarette use of Americans, and the consequences of nicotine addiction. These reports have won broad public and academic praise for detailing the huge costs in lost lives and the vast health care expenditures that smoking extracts from our wallets each year.

My legislation will require the Surgeon General to evaluate current information on diet and health, and make appropriate proposals for improving the nutritional health of the Nation.

Some of the issues that this report will address are: The role of diet in treatment and prevention of chronic disease; the extent and nature of malnutrition in the United States; the extent to which the nutritional needs of special at-risk populations—like children and the elderly—are being met; and the extent to which nutritional recommendations of Government agencies are consistent with current scientific knowledge.

Now, as Congress is seriously debating reforms in our health care system, I am pleased,